



WHAT CAN YOU DO TO HELP PREVENT DIABETES?

1. Maintain your weight, if at a normal weight.
2. Lose weight, if you're overweight or obese - studies have found that small amounts of weight loss, in the range of 5-10% can prevent or delay the development of type 2 diabetes.³
3. Eat a healthy diet rich in whole grains.
4. Be more physically active.

FAST FACTS ON WEIGHT AND HEALTH: **DIABETES**

Being overweight or obese can significantly increase your risk for developing diabetes. Here are a few facts for you to think about:

Diabetes

Over 17 million Americans have diabetes and almost 6 million Americans are unaware they have the disease.¹

Diabetes is the 6th leading cause of death in the United States and is itself a risk factor for developing many other diseases, including heart disease, stroke, blindness, kidney failure, leg and foot amputations, and pregnancy complications.^{1,2}

There are two main types of diabetes, both caused by problems in a hormone called insulin. Insulin helps regulate blood sugar and when it does not work properly it causes diabetes.

Type 1 diabetes, which only occurs in about 10% of the diabetic population, most often appears in childhood or adolescence and causes high blood sugar when your body cannot make enough insulin.²

Over 90% of all diabetes cases are what we call type 2 diabetes. Type 2 diabetes is usually diagnosed after age forty; however it is now being found in all ages including children and adolescents.² Type 2 diabetes is also related to being overweight.

Remember, managing your weight is the best thing you can do to prevent the development of diabetes!³

1. CENTERS FOR DISEASE CONTROL AND PREVENTION. NATIONAL DIABETES FACT SHEET: GENERAL INFORMATION AND NATIONAL ESTIMATES ON DIABETES IN THE UNITED STATES, 2002. ATLANTA, GA: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, CENTERS FOR DISEASE CONTROL AND PREVENTION, 2003

2. NORTH AMERICA ASSOCIATION FOR THE STUDY OF OBESITY, WWW.NAASO.ORG, 2004.

3. NATIONAL INSTITUTES OF HEALTH, NATIONAL DIABETES EDUCATION PROGRAM, SMALL STEPS BIG REWARDS, WWW.NDEP.NIH.GOV/CAMPAIGNS/SMALLSTEPS/SMALLSTEPS_OVERVIEW.HTM

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